Ice-Cream Poisoning. By M.D. See page 386.

Glycerine and Its Use in Constipation. See page 390.

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HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

VOL. XI.—No. 285. FRIDAY, SEPTEMBER 21, 1888. [PRICE TWOPENCE.

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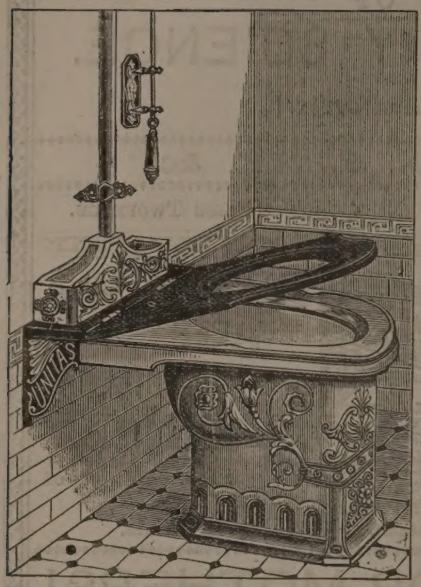

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, SEPTEMBER* 21, 1888.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

THE issue of HEALTH for Friday, October 5th, will begin our usual HALF-YEARLY VOLUME, and I again appeal to my readers to make known the merits of this journal to their friends. HEALTH owes much in the past to such kindly recommendation, and those who have come to regard it as their weekly adviser in matters of hygiene and healthy living I have found are never unwilling to aid our work in diffusing a knowledge of health among the people. For all help of this kind, past and future alike, I tender my grateful thanks.

✣ ✣ ✣

FOR our new volume—the twelfth—I have prepared a varied programme of articles. Many of these will be illustrated; all I hope will be found interesting and instructive. Dr. Drinkwater, F.C.S., &c., Lecturer on Chemistry in the Edinburgh Medical School, will contribute a series of articles on "The Chemistry of the Household." In these papers, which will be popular in style and graphic in expression, explanations of all the ordinary chemical processes which occur in our homes will be given.

✣ ✣ ✣

A SERIES of papers by various writers on "Consumption," in relation to the house and to ordinary life will also be given in our new volume; while a fully illustrated article on "Some Curiosities of Human Development" will appear in an early number. Articles on "Domestic Medicine," and on "Drugs and Their Uses," will appear from time to time. Papers on "Burial and the Cremation Question" will be found among the contents of succeeding numbers of HEALTH; and the important matter of "Sewage Gas Poisoning" will also be treated as a matter of high importance in connection with the health of our houses.

✣ ✣ ✣

As heretofore, the topics of the time will be dealt with week by week in our leading articles, and the writers who have interested readers of previous volumes will again appeal for a hearing in our pages. The "Correspondence" pages of HEALTH are open, as of yore, to every kind of inquiry on medical, sanitary, and scientific subjects. I therefore trust our new volume will be launched under auspices as favourable as those which have attended its predecessors. To those who may desire to subscribe in advance for a year to HEALTH, and to obtain the journal post free—a favourable opportunity for doing so being the commencement of a new volume—I recommend the perusal of our Bonus scheme, which will be found in the present number immediately preceding the "Letter Box" columns.

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THE death of Mr. Richard A. Proctor, in New York last week, from yellow fever, must have come to many in this country as a singularly sad announcement. On the day on which his death was made known I passed St. James's Hall, in Regent-street, London, and noticed the bills of his lectures displayed at the door. A few steps further on I saw a newsboy carrying the contents-bill of that day's *Echo*, and on the bill in question I read the announcement of Mr. Proctor's death. To me personally his decease snaps several links of "auld acquaintance," which, however, will not be forgotten by me. Mr. Proctor was associated with me as a "Gilchrist" lecturer, and I also was one of his earliest contributors when he started *Knowledge*. Kind and genial in manners, he was apt to offend only by his plain-spokenness. Those who knew him best valued him the more for the latter quality.

✣ ✣ ✣

BY Mr. Proctor's death the world has lost a charming expounder of science, and in this respect he leaves a gap not easily filled. As a lecturer, he was fluent, graphic, and original in his illustration of his themes. I know of the care with which he prepared the lectures

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which seemed to flow so easily in delivery. Few men did more to "popularize" science, in the best and truest sense of that term. Whatever may have been the merits of his original astronomical work, Mr. Proctor made his mark most certainly as an expounder of science to the people. I have heard "professorial" nobodies, secure in the idleness of endowed chairs, attempt to sneer at the popular lecturer, and to cry down the expounders of science to the masses. But such sneers are very cheap —indeed, they are worthless altogether. It is not given to every man to be a discoverer; it is, perhaps, a still rarer gift, that of the eloquent and successful popular interpretation of science. Mr. Proctor had such a gift in high degree. I believe all his colleagues will agree with me in such an expression of opinion, while they will as sincerely mourn his loss. In him one of nature's faithful interpreters has passed "behind the veil," and "beyond these voices there is peace."

✿ ✿ ✿

CASES of swallowing artificial teeth with a fatal result are frequently reported, says a contemporary, and one happened in Birmingham a few days ago. The kind of artificial denture most liable to be concerned in this accident is one consisting of four or five teeth mounted on a metal frame, and having clasps or bands which in the mouth fasten round molars or bicuspids. If these, when first made, are not properly adjusted by the dentist, they may be so loose as to fall into the mouth during sleep or when eating. But more commonly the cause of the so-called "swallowing" of teeth is the loss from decay of the teeth to which the frame is attached, so that it is only kept in place by the tongue and what little suction there may be. All persons wearing artificial teeth, especially small cases, should be warned of the danger arising from possible looseness or ill-fitting; but as an instance of how little heed some persons take of advice, we may mention a case which came under our notice, where a gentleman in less than six months swallowed the same set of teeth twice.

✿ ✿ ✿

I OBSERVE that Mr. F. Baden Benger, the president of the British Pharmaceutical Conference, adopts and recommends the following plan for the "happy despatch" of poultry. A large wide-mouthed stoppered bottle is kept charged with an ounce of chloroform. When a chicken has received sentence of death, it is held firmly under the left arm and its head slipped into the mouth of the bottle. A few deep inspirations follow, and the bird without a struggle becomes unconscious. Then, holding it by the legs, its neck is dislocated by a quick stretch. The plan is so simple and expeditious that it might be generally adopted.

✿ ✿ ✿

DR. J. BROOKE, Surgeon U.S. Army, of Fort Monroe, says that a girl aged about eight, living at the above place, was some months ago attacked by scarlet fever, the disease running a typical course. For a long time no possible source of infection could be discovered. The child had not been absent from home, had been with no one lately exposed, and no other case was known to exist anywhere in the vicinity. Subsequently, he learned that one of the house servants had nursed a case of scarlet fever in a distant city just about a year before. After the case terminated, she packed some of her things, including some clothing then worn, in a trunk, and left the place. A year later she had the trunk sent to her here, opened it, and took out the contents, the little girl being present and handling the things. Very soon after the latter was attacked, as stated.

Original Essays

"Life is not to live, but to be well."—*Martial.*

ICE-CREAM POISONING.

BY M.D.

CASES of poisoning, fatal and non-fatal, through the patients having partaken of ice-cream, have been remarkably numerous of late days. It seems desirable in the interests of the public—and especially in the interests of the children who partake largely of the ice-cream sold in the streets—that attention should be prominently drawn to the dangers involved in the indiscriminate use of a commodity which is apparently so liable to produce effects of injurious kind.

A correspondent, writing in a daily contemporary, contributes some interesting information relative to the conditions under which the ice-cream of the London streets is commonly made. I reproduce his remarks *in extenso*:—"During the past week (ending Sept. 1st) two inquests were held in different parts of the metropolis on young children—one aged two years, and the other three and a half—who, according to medical testimony, met their deaths in consequence of eating 'ice-cream' purchased of the Italian vendors whose barrows are one of the modern adornments of the streets of London. Many of your readers will no doubt be surprised to hear that fatal results should ensue on an indulgence in such an innocent luxury. Properly prepared, there is nothing deleterious in the cooling confection in question. Pure ice, sweet milk, fresh eggs, with powdered sugar, and a little colouring and flavouring, and judiciously blended, the 'cream' is produced. But it would seem that there is, as the cookery-book has it, 'another way.' My residence is within a few hundred yards of Eyre-street-hill, which, with its amazing network of dreadful courts and alleys, comprises the colony inhabited exclusively by street ice-cream vendors and their cousins, the organ-grinders. For a long time past I have taken a curious interest in the business habits and the domestic economy of the former, with the result that I was not at all astonished when I learnt that in one week two coroners had been engaged in investigating ice-cream poisoning cases. I have long been expecting some such revelation.

"I was not surprised, because I happen to know something about not only the manufacture of the dainty in question, but the manufacturers as well. Few persons, I imagine, have a correct idea as to the extent of the street ice-cream business. During the hottest months of the season, within an area of not more than 150 square yards, there is among the Italian stall and barrow-men such a demand for ice that it is brought in daily by wagon loads. There is at Eyre-street-hill one ice-cellar capable of containing scores of tons, and thither flock the cream merchants, to whom it is retailed by the hundredweight. As for the milk, I am informed that one dealer alone delivers at the various shops in the neighbourhood 300 gallons weekly; and every morning the lemon-sellers muster in force with their filled baskets, which they generally carry away empty. I am not speaking from hearsay. I have been on the spot at least a dozen times early and late, and what I describe is from my own eye-witnessing. On a sunny summer's morning I have counted as many as ninety trucks and barrows starting for the day's business, and each with such a load that the brawny-limbed barrowman found it no easy job to haul it along.

"So far so good; but now comes the question, How and where is this enormous quantity of 'ice-cream,' which is almost entirely disposed of among the children of the poor in pennyworths and ha'porths, where and how is it all made, and what convenience is there in such a neighbourhood for preserving as fresh as may be the unsold portion of the stock that is brought back at night-time? I have a friend who collects rents in the locality, and more than once I have accompanied him on his rounds, and I can say without fear of contradiction that the majority of the places where ice-cream making is carried on are the nastiest 'slums' to be found in all London. There are courts and alleys the entrance to which is a mere doorway-width between the houses in the main street, and so narrow that there is bare room for a barrow to pass in. There are houses on either side of the way, however—evil-smelling, ill-ventilated, and, of course, overcrowded. In the majority of instances there is a separate set of lodgers in each room, and when it can be quietly managed—for I have no reason to doubt that the sanitary officials of the district do their duty as thoroughly as circumstances permit—a family in the ice-cream business, occupying one room, will economise the rent by accommodating a lodger or two in the same apartment, a sheet being slung across a line to make a decent partition at night-time. The ice-cream vendors are by no means an idle race. Out with their stalls and barrows from eight in the morning until after dark at night sometimes, they have a fresh stock to prepare before they can start again next day, and as early as three or four o'clock a.m. the swarming little 'no thoroughfares' present a busy scene—everybody capable of lending a hand being engaged in mixing and making and filling the leaden or pewter cylinders out of which the gaily-coloured messes are served.

"Considering how quickly any preparation in which milk is largely used is affected by a foul atmosphere—admitting that the ice-cream makers have regard for cleanliness (a concession scarcely warranted)—it is not surprising, as one of the medical witnesses asserted, that the stuff not unfrequently 'turned sour.' Certainly, this is more likely to be the case should a portion of the day's stock remain unsold and have to be brought home again. There can be no question that this very often happens. During a miserably wet and uncertain summer such as the last, the sale of such a luxury as ice-cream must be very uncertain. Should it any day set in to rain, street-sellers of all kinds do scarce half their usual trade; and the ice-cream merchant must suffer at least as much as the other. Consequently, he carries back to his slummy abode in some back alley his unsold stock. And what does he do with it? If there is a chance of making it pass muster next day he certainly will not throw it away. And where will he bestow it all night? There are back yards to most of the houses, but they are very small, and it could hardly be expected that a measure of ice-cream would do other than 'go wrong' with a reeking dust-bin for its close neighbour. I don't know where else the surplus goods are to be kept but in the house—in the room where the hanging screen and the lodgers are, perhaps, or on the 'landing' outside!

"Should the last-mentioned place be adopted, it is not astonishing, as Dr. Danford, the coroner, observed, that the vessels in which the 'cream' is contained should become unfit for use, and that lead or pewter-poisoning should ensue. It is not mentioned from whom the two children purchased the article, but in both instances the stuff was got of an itinerant vendor, one in Bethnal Green and the other in Kentish Town. It must have been in both cases of a deadly poisonous nature. It can scarcely be supposed that babes of two years and three and a half would have more than a halfpenny or a penny to spend, and for that small sum they were supplied with enough to cause death. How many other poor children were served out of the same lead-poisoned receptacles that day? How many Italian ice-cream vendors are in the streets with their stalls and barrows to-day, dealing out death-doses in guise of 'sweeties'?"

Now, these remarks are in the main both graphic and correct in details. I happen personally to know something about the ice-cream quarter of London, and can corroborate what the correspondent above-quoted says concerning the often foul and nearly always insanitary conditions under which the ice-cream of the streets is manufactured. Moreover, what applies to London applies with equal force to all other cities and towns. The ice-cream of the streets in Liverpool, Manchester, Edinburgh, or Glasgow is produced by the same class and race of people who make it in London, and under the same insanitary conditions. Therefore, it behoves parents everywhere to be on their guard against what may prove a fatal form of injury to their children. The well-known sanitary fact that no fluid will absorb deleterious gases and other injurious items more readily than milk, should be constantly borne in mind. Little wonder is it, that milk housed amid the sweltering filth and emanations of an over-crowded room should come to possess a power of poisoning those who, in any form, receive it into their digestive systems.

The cause of ice-cream poisoning is, therefore, emphatically declared to exist in the poisonous qualities which the milk developes in consequence of its treatment in the houses where the manufacture of the commodity is carried on. Listen to the words of the *Lancet* commissioner, written in 1879, as the declaration following upon an investigation into the ways and works of the ice-cream makers. "Finally," says the *Lancet's* reporter, "the milk, the eggs, the corn-flour mixtures, &c., used to make the penny ices are left standing in the foulest dens, where they must absorb the noxious gases that infect the atmosphere, and where they are boiled and mixed in the same saucepans and cauldrons in which the Italians scald and wash their dirty linen." This description seems almost too horrible for reality, but if its terms may frighten the public into eschewing the ice-cream man and his commodity as certainly liable to engender disease, or even death, such words will not have been written in vain.

Even if we suppose that the milk and other ingredients were in themselves harmless and pure—an altogether unlikely supposition, as we have just noted—there yet remains another source of poison in the ice-cream man's barrow. Speaking of the recent poisoning incidents, a medical journal says that many curious and difficult cases of illness in children are certainly traceable to the poisonous nature of the popular comestible in which they indulge. "Every summer," says the account, "the medical practitioner is brought in contact with cases of enteric (*i.e.*, digestive) disease occurring in children, and presenting some of the symptoms of typhoid fever, but lacking other characteristic features. Some error of diet is usually assigned as the active cause, but in what this error consists is often very uncertain. One such cause was lately exposed at an inquest held in St. Pancras Coroner's Court. The facts of the case were as follows:—A child aged three years and a half was sent by her mother to buy ice-cream from a street stall. She, her mother, and two other children partook of the

dainty, and shortly afterwards all, with the exception of the mother, who presumably took less than the children, were seized with signs of illness. Speedy vomiting relieved the two other children, but the subject of the inquest, who was not taken ill till the next day, passed through the stages of a fatal enteritis. In her case there were also paralytic signs resembling those of lead poisoning. What was here the precise element of mischief cannot now be clearly ascertained, but, with due allowance for other possible causes, there can be no reasonable doubt that the ice-cream was in some way accountable for the fatal result. A suggestion by one of the jury on the present occasion, that the leaden or pewter pot in which the mixture sold as penny ices is commonly kept might have had a hurtful effect, is worthy of note. The formation of a poisonous lead salt would be the more probable if the pot were not regularly cleansed, or if sour milk had been used in making the ices. Either or both of these conditions might easily have existed, and certainly the evidence of a typhoid or pseudo-typhoid state is enough to suggest a fermentative action in the material of the ice itself. This occurrence teaches its obvious lessons. It conveys a needed warning to parents that cheap ices are as unreliable as they are unfortunately popular."

That the lead or pewter of the vessels used may act as a source of poisoning is not at all an unlikely theory; while let us not neglect also to note very specially that ice itself, unless of the purest description, is liable to contain, locked up in its solidity, the germs of disease derived from foul water. Liberated by the melting of the ice, these germs conveyed into the human digestive system are charged with all their active properties.

In a word, the ice-cream of the streets appears to present us with at least *three* distinct sources of danger. These are:—

(1) The impurity of the milk, consisting of fermentative and other changes induced by the foul surroundings amid which the milk is kept.

(2) The chemical action of the milk, &c., on the lead or pewter vessels in which the ice-cream is contained.

(3) The impurity of the ice itself, taken from rivers or ponds into which sewage or other matters may have passed.

In the face of the exact knowledge we possess regarding the common ice-cream of our streets, it is, I repeat, the bounden duty of all parents to be on guard that their children are not allowed to partake of this dangerous delicacy. The cry of the "poor ice-cream men" is not unlikely to be raised by those mistaken and muddle-headed philanthropists whose energies are always devoted to opposing any necessary innovations in the way of individual or class-privileges. But I apprehend that no rational being, having regard to the sufferings, dangers, and possible fatal illnesses liable to be induced in children and others by ice-cream as commonly manufactured, will hesitate for a moment in demanding that if the law is not at present capable of obviating such preventible disease and death, it must at once be furnished with the necessary powers. Failing the aid of the law—and, indeed, as a much better proceeding, if only it can be perfectly carried out—our clear duty is that of warning the people of their grave, but easily-avoided, risks.

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Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

THE INCREASE OF THE ALCOHOL HABIT.

By DR. E. C. SPITZKA.

ALTHOUGH man from time immemorial has been addicted to the use, and too often to the abuse, of alcoholic beverages in some form, it is only of late that attention has been directed to the baneful effect of the alcohol habit on whole classes of society, and even on entire populations. Of the influence of these intoxicants on the individual we have abundant evidence from the days of Hippocrates down. It shows us that human nature has been much the same in all periods of historic time; excesses have been followed by their legitimate penalty, whether committed by the Roman senator in Falernian wine, or by the modern bricklayer in some unpalatable and unmentionable liquid fire. Of the bad remote effects of such excesses even antiquity had some knowledge; for a law of Carthage forbade to parents, on the day which is most critical in pre-natal history, the use of any other beverage than water. Sporadic attempts were made in many of the free towns of the Hanseatic league to limit the alcohol habit. The number of inns and other places where liquor was sold was restricted, and the adulteration of wines and beers was promptly and often cruelly punished. Sound as the policy thus inaugurated was in principle, it was adopted in too narrow a field to be enduring. It was left for the political economists, physicians, and humanitarians of the nineteenth century to systematize observation, to institute statistical inquiry, to analyse the direct and indirect causes, and to suggest remedies in this important matter.

The main directions in which alcoholism affects the health of the individual and of the race are two. The first relates to the generation guilty of excess, the second to the offspring.

It is an incontrovertible proposition that the increase of insanity in our large cities and industrial communities is due to two factors: the increase of paretic dementia and the increase of alcoholic insanity. Leaving out of consideration the fact that alcoholism is an important contributory factor of the former disease, the figures showing the increase of the latter are sufficiently alarming. During a period of ten years, in which the population of Berlin increased six per cent., the proportion of cases of alcoholic delirium increased seventeen per cent. in the general hospital. In 1856 the percentage of the alcoholic insane in one of the French asylums (Ste. Anne) was 13·62; in 1862, after several variations, it had risen to 25·24, and it still continues rising. At the same institution, the proportion of male alcoholic insane in 1870 was 282 per thousand. In 1871, aggravated perhaps by the incidents of national defeat and communistic insurrection, it had risen to 315 per thousand. The total proportion of the insane in France who owed their insanity to alcohol in 1864 was a litttle over ten per hundred. In Germany it is to-day twelve per hundred. Lunier, the distinguished statistician to whom we owe many of these figures, also shows that where the consumption of alcoholic beverages has doubled *per capita* of the population, the alcoholic insane have increased in a similar ratio, the figure representing the proportion of male alcoholic insane doubling, and that representing the corresponding female class increasing two-fifths. A

corresponding increase in the suicide ratio, which has a similar significance, is also observed. There were in France in 1848, one hundred and forty-two suicides attributable to the excessive use of alcohol, and in 1868, without any great increase in the general population, there were four hundred and seventy-one.

The ancients drank, and drank to excess, but it would seem that, excepting the degenerate period of the decline and fall of the Roman Empire, bacchanalian excesses were committed in connection with public festivals, associated with great and stirring emotions, or such as brought into play the gregarious instincts of the participants. They were committed in the open air, and the liquor drunk was the natural product of a natural process. Tobacco was unknown. All these facts tended to dissipate or neutralize those evil elements which to-day produce the worst phases of the alcoholic habit. Alcoholism among the ancients was therefore mainly or exclusively known in its acute phases; the drunken frenzy in which Alexander the Great killed Clitus being a familiar example. With the introduction of tobacco and playing cards, the saloon, the cellar-dive, and the bar-room usurped the place of the inn. The enlargement of cities deprived their inhabitants of rustic sports, and led to their seeking in other and more dangerous channels an escape from the mental and physical strain, and a variation of routine monotony.

It is generally conceded by those medical writers who are unshackled by prejudice, that a certain amount of alcohol can be ingested with perfect impunity. That amount has been accurately determined by Dujardin-Beaumetz in the course of experiments made in the abattoirs of Paris. Transferring the result of his experiments to the human species, he concluded that a man weighing one hundred and twenty pounds could take the equivalent of two ounces of alcohol a day for years without injury to any organ of the body. But when the amount taken daily exceeds the toleration point, prolonged abuse is followed by results which are as sinister as they are insidious. In the dead-house of the Philadelphia Hospital, Formad found that of two hundred and fifty chronic alcoholists nearly ninety per cent. had fatty degeneration of the liver, sixty per cent. had congestion or a dropsical state of the brain, the same proportion an inflamed or degenerated stomach, while not quite one per cent. had normal kidneys.

So far as the bodily suffering, misery, and death represented in these figures are concerned, it might be urged that indulgence simply carries with it its own punishment, and that if the individual chooses to shorten his days by drinking it is no more a legitimate object of governmental concern than would be the indulgence by old maids in injuriously excessive amounts of tea or coffee. It is another question, however, whether the state, aside from its right to watch with a jealous eye the ravages of a habit which may convert the ordinarily quiet and peaceable citizen into a raving maniac, or which, through its effect on a pilot, an engineer, or a brakeman, may endanger hundreds of innocent and valuable lives, is not bound in self-preservation to antagonize a vice which blights the offspring of mankind, and largely recruits the ranks of that weaker element in the community which includes the criminal and pauper classes, and which, in part, fills our asylums for the insane, the idiotic, and the deaf mute.

This is no random statement on a par with the glittering generalities that disfigure and weaken the arguments of the prohibitionist writers. It is based on abundant statistics and confirmed by observations so numerous that the counter-allegation of accidental coincidence will not stand. Of seventeen children of drunken fathers observed by Voisin, three were idiots, two confirmed epileptics, one suffered from a congenital spinal disease, and the remainder died in early life with convulsions. Of eleven children similarly descended, cited by Dagonet, nine died in the same way. Of one hundred and seventeen such births, recorded in Alsace-Lorraine, thirteen were still-born and thirty-nine died of convulsive disorders shortly after birth. One drunken father had seven still-born children in succession, another lost eight of twelve by convulsions. It is not alone as a direct result of inebriety that a defective nervous system is thus transmitted. Even in his sober intervals, he whose nervous system has been shattered by alcohol is liable to have a degenerate or diseased offspring. Of eighteen children recorded as born under these circumstances, Voisin found eight epileptic and ten idiots.

As if to prove beyond the possibility of a doubt that such degeneracy is due to the alcoholism of the parent and to that alone, two French investigators, Meiret and Combemale, performed a series of experiments on dogs, by which they showed that the same result which the chronic inebriate is accused of producing in his offspring, through selfish indulgence, can be produced at will in the offspring of lower animals by compulsory induction of the same vice in them. A dog was coupled with a drunkard partner. Of six pups born, three only were living, and these were all dull and stupid. One of them, when grown up, was in turn coupled with a healthy partner. Of the three grandchildren then born one had congenital disease of the spinal cord, one a deficiency of the heart and circulatory apparatus, and the third was an instance of generally arrested development. This experiment was duplicated, and its general result confirmed.

An analysis of the alcoholic habit in the department of Finisterre, where alcoholism is the curse of both sexes, showed that it produced weak-mindedness, idiocy, hydrocephalus, epilepsy, and criminality to an almost incredible extent. Fortunately for the community, the stock blighted by the curse of inebriety ultimately dies out. But often the malign influence extends through three and four generations before becoming extinguished in sterility and death. A French physician, Goyard, assures us that the women employed in the nurseries and children's hospitals in his country empirically recognize the children of alcoholic parentage by their emaciated, shrunken-faced appearance, and their continual crying. He notes that they are the first to succumb to epidemic and endemic diseases.

(To be concluded.)

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TO CLEAN GREASY BOTTLES.—The easiest manner of cleaning oily or greasy bottles is to pour into them a little strong sulphuric acid after they have been allowed to drain as much as possible. The bottle is then corked, and the acid caused to flow into every portion of it for about five minutes or so. It is then washed with repeated rinsings of cold water. All traces of oil or grease will be thus removed in a very expeditious manner, and no odour whatever will be left in the bottle after washing.

GLYCERINE FOR CONSTIPATION.

WHILE we are constantly, and very properly, looking out for "new remedies," there crops up every now and then unmistakable evidence of the fact that we don't always make the best use of those medicaments which are generally classed as "well known." An example of this kind has been noticed in our columns in reference to antipyrine, which, although for some time past deservedly in repute as a febrifuge of great value, has only lately been found to possess another property of extreme importance—that of rendering parturition completely painless, whilst not interfering in any way with the process of natural delivery.

Of scarcely inferior consequence is the matter to which we would specially draw our readers' attention to-day. Amongst the most dangerous of the several causes of chronic constipation—although some might consider it less of a "cause" than an "effect"—compact fœcal accumulations in the lower bowel must certainly be deemed. The difficulty attending all attempts to remove this condition, whether by purgatives, enemata, or by purely mechanical means, is often very great, and the evil, with its attendant train of untoward symptoms, is generally increased by every failure, whilst the waste of time involved is itself a serious feature.

For the treatment of intestinal mischief of this kind, the therapeutic talisman in this case is neither more nor less than our old friend *glycerine*, of which a very small quantity, say a teaspoonful or less, suffices to resuscitate a dormant or apparently almost paralyzed bowel, and to "move" the most closely-impacted concretion. All that is necessary is to inject from thirty to sixty minims of pure, concentrated glycerine (s. g. 1·267); or, in very bad, long-neglected cases (as much as two fluid drachms may possibly be necessary), and the desired evacuation unfailingly takes place in from two to eight minutes afterwards. The action of the glycerine is, apparently, of a dual kind: (*a*) its powerful attraction for water enables it quickly to permeate, and more or less to break up, the obstruction, and (*b*) it exercises a specific stimulant action upon the intestinal wall.

In some instances, especially where there is any local abrasion or inflammation, the undiluted glycerine may cause a little irritation. Wherever this is to be feared, it may be as well to add from one-third to an equal bulk of pure distilled water to the glycerine, mixing the two fluids thoroughly before impacting. So far as our present information goes, this novel method of relieving constipation seems to be as certain to effect the desired result as it is rapid and convenient. For these glycerine injections it is best to employ a small syringe of special construction.

The recent discovery above noted has given rise to the making of a new kind of suppository by a German pharmacist named Boas. These suppositories are hollow cones, made to contain exactly fifteen grains of pure glycerine. One of them is said to be sufficient to produce the desired effect. English chemists are now selling a new syringe for these glycerine enemata, calculated to deliver exactly the required dose of the medicament, and capable of being used by the patient himself.

CITIZEN (to undertaker). "I thought, Mr. Mould, that you were going off on a vacation?" Undertaker: "I did intend to start over a month ago, but old Mrs. Bently was taken dangerously ill, and I've been sort of hanging on, and (in a low, injured tone of voice) I'll be blamed, sir, if she ain't getting better."

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

INQUESTS ON BABIES.

THE deaths among babies are enormous, and especially among those which are artificially fed. A contemporary says:—"At an inquest last evening (August 10th), in St. Pancras, on a body that had been improperly fed, Dr. Danford Thomas warned mothers and nurses against giving infants not a year old the patent foods so extensively advertised. Most of these foods, he said, contained a good deal of starch; and as young babies cannot digest starch, they would waste away. Milk and water was the proper substitute for Nature's food for babies." These are timely words from Dr. Danford Thomas, for the people cannot be too well informed in matters of this kind. There is a great deal of nonsense in the old saw about "a little knowledge." Every fact is a golden apple of truth, which as many as possible should possess. That only priests should read theology and the Bible, and only doctors read medicine, is the relique of a flagrant error that in former times held sway.

Dr. Thomas deals a blow, and very properly, at the habit of feeding babies on artificial foods. Most of these are claimed to be equal to, or better than, mother's milk. It cannot be too fully understood that they are nothing of the kind. As Dr. Jacobi says that children sometimes survive on them is no reason why they should be universally recommended, for infants thrive on many things. One feels that it is impossible to touch upon this vital theme too often, for it is one of ever-present importance. If starchy foods are bad, how comes it that they have such a sale? Such is the question of the self-styled practical man or woman. The reason is not difficult to guess. Poor milk, watered milk, cheesy milk, when mixed with starchy food, curdles less densely; for the presence of the latter throughout the fluid renders the casein, when clotted by the rennet-ferment of the stomach, more crumbly; so that the delicate organ is better apt to deal with it. By this step, then, some are nourished that without it must needs have succumbed from wasting and diarrhœa. The sugar present also enriches the poor milk. Accordingly, the inference has been drawn that starchy food was good for infants; and foods containing some 80 per cent. of starch are consequently advertised and largely sold. Another contributive cause, perhaps, is the fact that in diarrhœa occasionally, the administration of powdered biscuits will stop the ailment.

Bread-jelly, barley-water, gelatine, crushed and ground cereals have now so established themselves as agents in infant-feeding, that they could account for a large share of deaths. It is by no means alleged that as much does not depend upon proper nursing and care as upon proper food. It *is* maintained that many artificial foods are accountable for an unnecessarily large infant mortality.

As to the proposition that "milk and water is the proper substitute for Nature's food for babes," it may be admitted that some infants appear to thrive on these, though physiological differences between milks and the practice of evil customs, both among milk dealers and consumers, point out the unmistakable need of something more than the addition of water to milk. The addition of water reduces the proportion of casein, but does not affect its digestibility much; nor does it overcome the acidity

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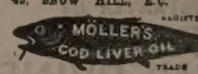

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resulting from the hawking about the streets; neither does it take into account the brilliant results obtained by sterilization. The proposition may, therefore, with propriety be modified to read somewhat as follows:

Cow's milk partially pre-digested with a Zymine (Fairchild) Peptonising Powder, boiled, and supplemented with a little sugar and cream (or Kepler Solution of Oil in Malt), is the proper substitute for Nature's "food for babes."

BED-MAKING FOR THE SICK.

When awake, in health, we never spend many hours without change of position and place; but when sleeping more time is spent in bed, proportionately, and in sickness the bed becomes our abiding place. How necessary it is that it should be made as comfortable as possible. Beds firm but soft, with such nice, clean, cool linen, different kinds of pillows, soft blankets, and beds that are high enough to allow one to bend over and keep in that position, as we are often obliged to do, without feeling as though we had suffered dislocation of the spine upon resuming an upright position.

All these things, and many others that we could mention, are desirable, but not always to be had. We *can* have cleanliness. We can discard, if we are called on to do so, the feather bed that "my great-grandmother died on," although we may be obliged to use the pillows. Then there are different types of sickness which require different ways of making up beds; but a few of the rules we can abide by.

In making up a bed before a patient is in it, we can do everything much easier, of course, than if it were occupied. Some rules hold good. Your under-sheet (provided it is long enough) should be put well up to the head of the bed, and the upper sheet far down at the foot, for the under sheet is apt to work down at the head and the upper sheet up at the foot, the arms working the upper one and the feet pushing the under one down. In nearly all cases we like a sheet folded the long way, and placed across the middle of the bed and tucked under both sides of the mattress. This can be easily removed if it become soiled, and it helps to hold the lower sheet in its place. I think in hospitals they call this a "binder." It certainly binds the lower part of the bed in good shape. On the subject of pillows much might be said, but nurses in private practice use the ones they find with the patient. They should not be too large, for it is better to use two small than one large one, as they can be adjusted to suit the position of the sick one. We like a good hair pillow. When there is great heat in the head, a rubber "water bag," filled with ice water, sometimes affords great relief from pain. A large rubber pillow inflated with air is much more restful than the feather one, but our motto must be to do the best work we can with the means we have. When it becomes necessary to change the pillow of a weak patient, have a well-beaten pillow laid at the opposite side from the one at which you are standing. With one hand under the patient's head, withdraw the hard one, and bring the other to its place.

For bed clothing for warmth there is nothing equal to soft blankets. They are light and porous.

Good wool blankets are always excellent, provided they are not too old, and are soft and clean. A good bedstead, with woven wire springs, and a thin hair mattress or a clean cotton one, is many times desirable. Two bedsteads instead of one are sometimes needed. Then, too, if we have the single bedstead we can change the position of the bed in the room, and thus give the occupant new views from different windows, if not too weak or sick to appreciate them.

A few rules will not come amiss here. Keep your bed as smooth as you wish, but do not be for ever "tucking-in" your patient. One good way to learn is by the failures of others. We asked a lady once how she liked a certain nurse. She replied: "I liked her very well, but she was always fussing about the bed, making it smooth, and it made me so nervous."

Besides the usual napkins, have a lunch-cloth or some large towel, and use it as a table-cloth under the tray, and it will keep crumbs out of the bed. Making the bed with the patient in it is not so difficult a job as one who has not seen it done would suppose. Unless the person in bed is very weak, make the bed from the side.

Fold the sheet for the under one lengthwise, and push back the soiled one to the middle, and slip the folded one up to it. Do the same with the upper one, then spread the covers out evenly over all, and tuck neatly in at the foot. It is well to fold the counterpane over the inner side of the blankets, and turn the sheet over all at the head of the bed. Now you can open one half of the bed and roll, or slide, your patient over. Those little comforts are handy to turn the patient with from one side to the other. Take the two corners next you, and you can easily do it. Easy for you and easy for the patient. In case of extreme weakness it is best to change the sheets from the head of the bed, by lifting the patient a little at a time, and working the under sheet—which has been fastened at the bottom—to the head of the one to be removed, and, by the help of an assistant, with clasped hands under the patient, use the unoccupied hands to pull the sheet down. In cases of fever, the whole of the bedding should be changed twice a day, and aired by the fire if the weather be damp; if pleasant, in the open air. In all fever or consumption cases, or infections diseases, cheap cotton mattresses ought to be used and burned. Much more might be said, but one thing will bear repeating: Strive to keep your bed *clean*. Have it well aired and warm if the weather is cold. Try always to have white covers, especially if the patient is delirious. Let us go about beds hopefully, cheerfully, and helpfully, being glad that we may assist towards the recovery of many who are sick, and soothe those who are appointed to die, just as we would wish it to be done unto us.—*Housewife*.

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Public Health

"Health is the first Wealth."—*Emerson.*

MORTUARIES.

THE duty of providing public mortuaries for the reception of dead bodies found exposed, or under other circumstances demanding a coroner's inquest, was the subject of remarks at two recent inquests.

The first was before the deputy coroner for South West Lancashire, and was on a body cast up by the river Mersey, in a district where there was no public mortuary. A very strong opinion was expressed, both by coroner and jury, that the authorities were greatly to blame for not providing one, the present practice of depositing bodies within the premises of public-houses being most objectionable. The second inquest was held by the high bailiff of Douglas, Isle of Man, on the bodies of several tourists, who had been drowned in the sea, just outside the bay off Douglas Head. These were conveyed to the mortuary of the Isle of Man General Hospital, which, as in other hospitals, is only intended for the bodies of patients who have died in the hospital, and is not a public mortuary. It was found impossible to deposit them here, and they were placed in a position which exposed them to the view of passers by, a scandalous state of things which the high bailiff stopped by directing that they should be placed in shells.

It may be well to direct the attention of local authorities to the provisions of the Public Health Act, 1875. For the purposes of this Act, the "local authority" means the "urban sanitary authority" and "rural sanitary authority." Clause 141 provides that "any local authority may, and if required by the Local Government Board shall, provide and fit up a proper place for the reception of dead bodies before interment (in this Act called a mortuary), and may make bye-laws," &c. It has been argued by some persons that this applies to infectious diseases only, but this is at variance with the plain words of the Act, and a so with the fact that in the next clause (142) special provision is made for the removal of the body of one who has died of any infectious disease, or which is in such a state as to endanger the health of the inmates of the house, to any mortuary provided by such authority. Clause 143 gives local authorities power to provide a proper place for the reception of bodies during the making of post-mortem examinations ordered by a coroner.

Such being the provisions of this Act, there is literally no excuse for those health authorities who persistently evade this very important part of their duties. Another Act provides for the interment of all bodies cast up on the banks of a tidal river, just as if they had been cast up by the sea. It must be remembered that every body found exposed is the property of the coroner till the conclusion of the inquest; and it follows naturally that a suitable place should be provided in order that the coroner and jury may view the body, and also for a post-mortem examination, should this be considered necessary. But mortuaries are also required for the reception of bodies which would otherwise be retained in rooms occupied by the living, where the death has not been from infectious disease, and where an inquest is unnecessary.

In short, a public mortuary in every sanitary district is a necessity, not a luxury; and local authorities will do well to recognize this before being compelled to do so by the Local Government Board.—*Lancet.*

A SMOKE FILTER.

THERE was recently held in London an exhibition of Loeb's appliances which are designed to enable the wearer to breathe and work with comfort in dense smoke, and also in poisonous gases. The device consists of a respirator with an india-rubber mouthpiece. The respirator is held by two projections, which are grasped between the teeth and a flange which lies between the teeth and the lips, additional security being provided by an elastic band passing round the head. The air is drawn in by the wearer through a series of small filters, containing respectively wet sponge, cotton wool, cotton wool damped with glycerine, and animal charcoal.

These filters are very lightly packed, so that there is no resistance to the act of inspiration, and they are provided with valves which direct the air expired from the lungs into the external atmosphere. The entire apparatus weighs less than a pound, and can be used without previous practice. When it is to be employed in an atmosphere which is deadly in its character, as in the choke damp of mines, the air is drawn from some place where it is pure through a light india-rubber tube. The filter is then strapped to the waist of the wearer, and the respirator merely contains the valves which cause the air to be drawn through the pipe and then to expire into the atmosphere. A tube up to 100 feet in length can be manufactured with facility. Protection is afforded to the eyes by a pair of spectacles with india-rubber rims, which press tightly on the cheek and brow, and exclude all smoke. Mechanical wipers are added to enable the glasses to be cleaned without removal.

At a recent trial in London, says a contemporary, a man wearing the respirator spent half an hour in a building filled with dense smoke of a most pungent character, without any difficulty, and afterward the inventor's representative, with the aid of a flexible air pipe, entered a room containing a dish of burning sulphur and remained there some time. It was clearly demonstrated that the respirator would enable the wearer to enter a building filled with smoke and discover the exact position of a fire. A few buckets of water promptly applied under such circumstances will do more good than the jet from a steam fire-engine directed at random. On board ship, where the result of a fire is to fill the hold with smoke, this respirator would be most useful, and this fact has been recognized in the German Navy, where Loeb's respirators form part of the official equipment. Many of the German fire brigades have also adopted them.

Highest Award, Only Gold Medal, London, 1884.

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"ISABELLA THWAITES."

MILK SCARLATINA.

IT has been known for ten years and more that certain scarlet fever epidemics were connected with the distribution of milk by a particular milkman or coming from a particular farm. Investigation of these cases sometimes showed that cases of scarlet fever existed in the family of the farmer or of the milkman, and it was supposed that the contagion from these cases somehow got into the milk or into the clothes of those distributing it, and was thus spread. Then came the scarlet fever outbreak connected with the disease of cows at Herndon farm, which made it seem possible, and even probable, that there might be a form of disease in the cow corresponding to, and capable of producing scarlet fever in man; and that cases of this disease occurring in the families of farmers or milkmen might be due to poisoned milk, instead of being the cause of it. There has been some controversy as to the true nature of the Herndon cow disease, which has not yet been settled. We now have before us a report from the English Local Government Board, entitled "Milk Scarlatina, No. II., and Diphtheria," octavo, London, 1888, and the last number of *The Sanitary Journal* for May 16th, containing a paper entitled "Milk Scarlatina, Garnethill—Infection Direct from the Cow," which throw additional light on this very important question.

It seems tolerably certain that scarlet fever in man may be caused by milk drawn from cattle affected with a particular form of disease. The epidemic at Garnethill, in the west end of Glasgow, taken in connection with the Herndon outbreak, is good evidence on this point. If the statements made by Dr. Klein in the report of the Local Government Board are accurate, the blood of persons affected with scarlet fever contains a micrococcus which may be cultivated on gelatine; and this cultivated micrococcus when inoculated in calves produces a disease with fever, skin eruption, loss of hair, &c.

Dr. Klein is an energetic and skilful experimenter, but the accuracy of his culture-work has been questioned, and his starting out with the avowed intention of proving Koch to be wrong about the cholera bacillus has weakened confidence in him as an impartial scientific observer. Part of the distrust is perhaps due to the rather peremptory and dogmatic style in which he writes, and his tendency to either ignore or dispute the work of others.

These experiments must be repeated by others, but a careful examination of Dr. Klein's statements, and especially of his drawings, makes it extremely probable that he has been working with a true scarlet fever cossus, and that this same cossus produces an infectious disease in cows, which may, in its turn, produce the disease in man by infection of the milk.

The practical importance of this discovery, if verified, is great, because it indicates a new means of preventing scarlet fever outbreaks. We have several times pointed out that the prevention of scarlet fever in young children is much more useful and important than the prevention of measles, because scarlet fever is much less likely to attack persons over eighteen, and when it does is much less likely to be fatal than in children, while this is not true of measles.

Some of our bacteriologists should try their new laboratories on an investigation of this kind, and our veterinary surgeons should be on the look-out for any disease of cattle giving rise to sores or scaly eruptions about the udder, and have material from such carefully tested by culture and inoculation methods. And, finally, whenever a scarlet fever epidemic occurs, investigate the milk supply.—*Sanitary Engineer.*

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—Charles Mackay.

ROYAL MALADIES—AND MARRIAGES.

MOST of the reigning families of Europe, says the *Star*, have some hereditary ailment or defect. For several generations past the Romanoffs have been sorely troubled by their livers. The Hapsburgs are afflicted with an inconvenient complaint, the name of which can scarcely be mentioned to ears polite. The Guelphs have hitherto made flesh too rapidly, though, judging by Prince Albert Victor and Prince George of Wales, they purpose, in this respect, furnishing us with a new departure. The worst affliction that reigning families have to contend against is insanity, the germs of which are widespread among the rulers of the civilised quarter of the globe. To quote but a few examples, such germs exist among the Romanoffs aforementioned, as proved by the excesses of Paul I., the hysteria of the "great" Catherine, and the hypochondria of Alexander II. These germs exist among the Hapsburgs, who have married so repeatedly with princesses of the Bavarian Royal Family; and the insanity of the latter has been strikingly exemplified by the tragic fate of the late, and the imbecile condition of the present King of Bavaria. Nor are the Hohenzollerns free from these fatal germs.

The latent insanity observed in Frederick William II. became open madness in Frederick William IV., the King Chiquot of anecdote and pasquinade; and, may be, the near future has in store for us some fresh manifestation of mental derangement on the part of a descendant of the Great Elector. That insanity unhappily exists in the Dutch royal house has been exemplified by the last two Princes of Orange, and, as regards our own reigning family, one need merely remember the historical example of the last two Georges—the Fourth being well nigh as mad as the Third was, though his insanity took a different turn. More recent examples bearing on the same point might be found in the late Duke of Brunswick, who led such a fantastic life, and in the Duchess of Cumberland, a Guelph by marriage only, it is true, but the sister, be it remembered, of our Princess of Wales.

Madness and imbecility have conspicuously appeared among the Bourbons, and in this instance have been mainly due to the intermarrying of that family during several generations. The Spanish, Italian, and French descendants of Henri IV. constantly contracted matrimonial alliances with one another, and the results, which might have been anticipated, ensued. For many years, by the way, the Rothschild family followed a like course, but of recent times they seem to have awakened to a sense of the evils attending it.

No wonder, then, that all scientists should condemn the marriage of the Duke of Aosta with Princess Letitia Bonaparte, such close consanguinity existing between them. This alliance is the more to be wondered at, as it is contracted with the avowed object of providing an heir to the Italian throne, in the event of the demise of King Humbert's son and presumptive successor, who is of delicate health.

King Humbert married his first cousin, and that even was too close an alliance to be advisable. The germs of insanity do not appear to have crept as yet into the

Royal house of Savoy, but the latter, like other reigning families, has its hereditary affliction, and a terrible one it is. From time to time a hunchback son or daughter is born to the Italian princes. In the XVIth century there was a hunchbacked Duke of Savoy, of whom Brantôme tells divers lively anecdotes; the princess this duke married was a hunchback also, and their descendants have ofttime been similarly deformed. By the bye, a natural son of the duke referred to, born crooked like his father, is said to have boldly taken the name of Bossu (Hunchback), and the same hereditary peculiarity was long observed among the Bossus, who, till our times, were one of the notable families of Savoy.

As regards the Italian royal house, a late instance of the kind was the deceased Duke of Genoa (father of that beauty, Queen Margherita), who, however much he may have endeavoured to conceal his physical defects, was as true a hunchback as capricious Nature ever moulded. This hereditary deformity manifests itself intermittently. One or two generations of well-proportioned children were born into the world, and then, lo! some poor hunchbacked little creature appears. Thus it will be understood the birth of a prince or princess of the royal house of Savoy is always a matter of great anxiety among the members of the family.

UNHEALTHY "TIGHTS."

It may not be generally known that the wearing of tights is a decidedly unhealthy practice—there has never been any scientific principle applied to wearing them properly. They are simply drawn on as tightly as two or four strong arms can get them, and fastened by a leather belt around the waist. This belt has to be drawn at such a tension that what doctors call unhealthy lacing is nothing in comparison with the torture to which women subject themselves in this manner.

Articles have recently been written in reference to the wearing of tights in the circus ring, and the bad results that usually follow for the women so employed.

But this is nothing compared to the system in vogue in comic opera and burlesque theatres. The circus rider has a ten or fifteen minute act to perform, and she is done for the night. The chorus girl dresses at half past seven, and knows no relief till after eleven. Louise Montague, the handsome Medora in "Conrad, the Corsair," said not long ago that she did not believe any woman who was not compelled to wear tights would do so. It involved a large expenditure of physical force, and she would be quite willing at any time to accept £5 a week less salary if she were not compelled to wear them. As an expert on the question, she added that there was no doubt whatever that women's health was injured by this wearing of tights. Fortunately for herself, she had not been compelled to do so for any length of time, but so far as her observation went, women became old before their time by means of these modern requisites of the stage.—*New York Graphic.*

ARE FOOD PRESERVATIVES POISONOUS?

The use of borax and boracic acid as food preservatives is discussed in the *National Druggist* for this month. Some months ago a query appeared in that journal in regard to the effect upon the health of the consumer of such additions to milk, meat, &c. In answer, the ground was taken that boracic acid used in the quantities necessary for the purpose mentioned was entirely harmless.

The same or a similar query has been going the rounds of the scientific press, and has received considerable attention in all of the journals which published it. A consensus of the opinions thus elicited seems to demonstrate to the satisfaction of the editor:

1. That both borax and boracic acid, in quantities too minute to be appreciable to the sense of taste, exercise a powerful preservative action on milk, meat, fish, &c.

2. That the daily and constant use of such foods thus preserved has in no single well authenticated instance produced any evil effect which could be ascribed to the preserving agent.

In a recent number of the *English Mechanic*, one of the journals in which the matter has been discusssd, a correspondent (Arthur Robottom) says that during the last forty years he has investigated the use of the agents in the preparation and preservation of butter; has visited all portions of the world where butter is thus prepared for commerce, and has discussed the subject with thousands of people of all classes, and that he has yet to hear of a single person who had suffered any inconvenience from its use. "As for myself," continues Mr. Robottom, "I have for years past taken a little borax several times a day, and I am always in good health. I have in this period visited many places in North and South America where yellow fever and cholera were raging, and have never caught either disease. Moreover, I recently visited Sasso and Castelnuova, and other places in Tuscany where boracic acid is manufactured from the vapours arising from the bowels of the earth, and was assured that no case of cholera has ever taken place in the neighbourhood of these fumaroles."

This is, says the *National Druggist*, "pretty strong and very direct evidence both as to the antiseptic value of borax and boracic acid as preserving media for domestic use, and as to the absolute salubrity or wholesomeness of foods thus preserved.

In conclusion, we will call attention to the only possible source of danger to which the use of these agents may subject us—viz., the occasional contamination of both borax and boracic acid with lead and with copper. In June, 1877, Schaueffele reported in the *Annales de Pharmacie* the discovery of lead in certain samples of borax found in the French market. A year later (June, 1878) M. Mehu reported to the same journal the detection of copper in a sample of the same salt. That these impurities are at all constant, no person, however, will for a moment believe. The borax and boracic acid of commerce are quite as pure as the bi-carbonate of sodium and other chemicals in daily domestic use, and our readers need have no more fear of the one than of the other."

"Illustrations" for October—commencing the fourth volume of Mr. Francis George Heath's magazine—will include a contribution from the author of "Lorna Doone," and a new story by Mrs. Molesworth, called "Bronzie;" and amongst the series of papers in that and succeeding numbers will be comprised portrait-biographies of Royal Academicians, photo-gravure reproductions of National Gallery pictures, "Pen and Pencil portraits" of distinguished authors and artists, and a continuation of the illustrated papers on "Schools, Private and Public," "Pretty Places," "Railway Men," "Iron Roads," "Musical Notes," "Garden, Field, and Farm," "Fern Gossip," "Church Buildings," and "New Inventions;" as well as numerous articles under the headings of Amusement, Art, Biography, Economy, Literature, and Science.

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OPINIONS OF THE PRESS (EXTRACTS).

LANCET, June 16th, 1888.

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MEDICAL PRESS, June 13th, 1888.

The advantages of this form of structure are numerous. Articles so manufactured are light, elastic, and durable, and the air contained in its meshes, of cotton, or cotton and silk, on account of the material being a bad conductor of heat, preserves the body from vicissitudes of temperature. Perspiration passes readily through, and consequently such garments never feel wet, no matter how violent the exertion.

HEALTH, June 22nd, 1888.

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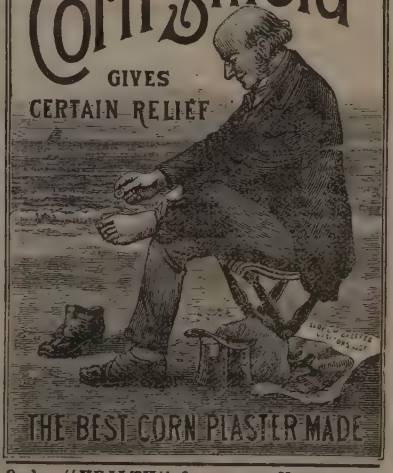

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N.B.—No woollen of any kind should be applied to the parts affected, nor any metal (except silver) touch the Pommade. It will retain its virtues many years, and is therefore very useful to all Travellers, particularly Gentlemen of the Army and Navy.

HÆMORRHOIDS (or PILES).

As highly useful family medicines for that most distressing of complaints, Hæmorrhoids (or Piles), Bayley's Remedies have long enjoyed a high reputation. These remedies consist of specially prepared Pyrmont Tablets for invalid use, and of a Pyrmont Liniment for outward application. The tablets are compounded on the principle of the famous Pyrmont waters, which have been so highly recommended in cases of liver complaints, to the presence of which piles are often due, as well as in cases of the latter ailment itself. The liniment is made on allied principles. From an examination of these tablets and of the liniment, we are able to assert that they contain nothing calculated to produce untoward effects in the most delicate constitution, while they are likely to prove most beneficial in mild and severe cases alike. The ease with which the remedy may be taken—the tablets being agreeable to taste, and being merely allowed to dissolve in the mouth—will recommend this preparation in the eyes of those especially who have run the gamut of the many drugs employed for the cure of hæmorrhoids. We recommend a trial of Messrs. Bayley's Tablets, &c., which are to be obtained at 17, Cockspur-street, London, W.—*Vide* HEALTH, *April 8th*, 1887.

Prepared by BAYLEY & COMP.Y, Perfumers,

THE OLD CIVET CAT, 17, COCKSPUR-STREET, LONDON.

PRICE LISTS FREE ON APPLICATION.

Healthy Houses

"A happy home must be a healthy home."—*Anon.*

VENTILATION AND HEALTH.

"WHAT's up to-day, Jackson?" inquires a contemporary in the course of a lively article:—(N.B.—This scrap of conversation between a medical man and his friend is from the life—such life, I mean, as the friend possessed.) "What's up to-day, *mon ami?* You don't look your old self."

"In what particular?"

"Well, Jackson, if I must speak plainly, you look rather pale and quivery about the cheeks, rather fishy as to the eyes, the upper lids of which seem a trifle œdematous, while ——"

"Oh, stop your searching analysis. Not that you're not right, for I was too long in the billiard-room last night; and the smoke, and perhaps the soda-water, didn't agree."

"Soda-water? Yes."

"I feel as nervous to-day as an old cat. I don't feel good enough to meet my mother or sisters. No appetite; acidity of the stomach. Doctor, my liver is all to pieces. You must send me some of your pills."

"No, I won't. Just take a run down to Ramsgate. Lie down on the cliff, breathe the fresh ozonic air, and do a bit of solid thinking. You'll come back a new man."

"You don't think it is the liver?"

"It is liver, lungs, heart, brain, stomach and all combined."

"All on strike?"

"All on strike. But there is truth in what you say about the billiard-room. Here is how the matter stands. If billiards could be played without the aid of fluid accessories, in a large room with currents of fresh air to carry away the carbonic acid and the fumes of nicotine, there could not be a more healthful, wholesome indoor pastime. Cue in hand in a room like this, all the cares and worries of business and the bygone day are forgotten; one is happy for the time, and happy with a minimum of excitement. On the other hand, given a low-ceilinged, badly-ventilated room, filled with reeking, smoking men, and over-heated with flaring gas, that not only helps to burn the little oxygen there is, but poisons the air as well, then I say only evil can follow to the occupants."

"And liver pills would do no good?"

"Liver pills, as you call them, would relieve congestion and clogging, and thus give temporary relief, but they cannot remove the cause. They are, moreover, always followed by a reaction of functional inactivity, if that isn't a paradox. Besides, my friend, you should remember that to a greater or a less extent all aperients debilitate. You pay for your relief bodily. You are lighter in spirits and easier after their action, but you are a degree lower in physical strength."

"No, we do not spend many hours in billiard-rooms, but we do in bed-rooms and in drawing rooms. I must have a word or two to say about both. Concerning the ventilation of workshops and schoolrooms I must at present be silent, although the number of constitutions ruined in both during a single year appals the mind to think of. Thanks to science, both teachers and superintendents of workshops are beginning to believe that free air-currents, rightly guided, and passing through their establishments, are conducive to the successfulness of the work done. School children will learn far more, and be more intelligent and active and pleasant, in a properly ventilated room than in one where they breath and re-breathe their own carbonic acid and exhalations. The glad shout that youth sets up when just beyond the schoolyard gate is born quite as much of the magic influence of oxygen as of joy at being free. For the same reason young men and young women would be more cheerful and attentive to business if there were a scientific system of ventilation in the rooms where they work. Yes, and they would do ten per cent. more work, and do it better. Banish carbonic acid, foul air, and dust from your workshops, and introduce oxygen from the outside, and you at the same time banish lethargy, and introduce calm, peaceful, happy activity. Apart from all regard for the health and comfort of their people, it would pay mill owners, manufacturers, and others to devote a little more attention to the purity of the atmosphere in which the work is carried on.

"But as regards our own houses—here we have the ball at our own feet.

"It is surely unnecessary to descant on the importance of breathing fresh air. Every schoolboy knows, or ought to know, that pure air is as necessary to healthful life as either pure water or wholesome and sufficient food. Some might add that it is more so. One can live long without either food or water, but the abstraction of air for but a few moments results in the death of the subject. It is equivalent to placing a piece of cardboard over the chimney of a naphtha lamp. You at once deprive it of the ascending current of oxygen, the carbon is no longer burned, the flame is extinguished. And so it is with the lamp of life.

"Society rooms of an evening are nearly always vastly overcrowded; this in itself, though tending to inconvenience, would not be so unhealthful were the rooms, as a rule, better ventilated.

"We may, in some instances, put the blame upon the builder or architect. But it is the duty of every paterfamilias to see that there is a scientific plan of ventilation of his house *all through*.

"Every room should be ventilated thoroughly, and with due regard to the rest; else the air of one may poison that of another. It is poor economy, for instance, to have a ventilator in the door of a bed-chamber if the atmosphere of the passage or hall beyond is in itself impure.

"Not only should air of sufficient quantity be admitted into the rooms, but the vitiated air must find exit.

"In winter the air must be sufficiently warmed as well as pure, and it should never be too dry, nor over-hot. The over-heating of bedrooms and living-rooms is a fertile source of much of the chronic and acute lung-trouble from which the people of these islands suffer so severely in winter and spring. Going right out from a room which has a temperature of probably 75° to the open air, in which the thermometer stands at freezing point, is an ordeal which the lungs of very few delicate people can undergo with safety.

"The air in living-rooms should be always in gentle motion; and this, remember, does not mean a draught. In winter these rooms have a better chance of being ventilated, because the fire causes a current, burns or carries away the vitiated atmosphere, and causes the entrance of fresh air from without. It is in summer that people are apt to suffer in these rooms. Probably the chimney is stopped. At all events, it is blocked by some species of ornamentation. Now please remember this:

If such a room is to be healthy, there must be an incoming and an outgoing current of air. The simplest way of securing this is to have the window open at the bottom as well as at the top. Or, better still, have a ventilator in the door—any simple arrangement will suffice—and have the window wide open. It is a slit that brings a draught. Out of doors in summer, with the air circulating all round you, you might sleep soundly and well in a hammock, and never catch cold; but indoors you may catch cold, and inflammation also, by sitting opposite a window not opened generously wide."

COUGH AND CATARRH PILLS.—The following formula is highly recommended for catarrh, chronic bronchitis, emphysema, &c.:—Wood tar (purified), thirty grains; Dover's powder, forty-five grains; gum benzoin (powdered), a sufficient quantity. M. Make into forty pills. From two to six pills to be taken daily.

AMERICAN CHILDREN.—To begin with, the child in America is rarely restricted to the nursery. Among the wealthy and fashionable classes the custom of engaging a retinue of nurses and governesses is, of course, prevalent, but even in such cases the child is not entirely under nursery management, as it so often is in England; and among the vast population here which answers to the middle class in Great Britain, nursery establishments are unknown. No parents are more devoted than American parents. From earliest infancy the child is brought into close relation with the grown-up members of the family, is rarely left to the sole management of a nurse, dines with the parents as soon as it can sit at table, is present upon all festive occasions, and is, in fact, a person of importance and interest. The greatest attention is paid to matters of appearance and dress, the simple print and diaper pinafore of the English nursery are as little in favour as is the bread and milk or daily rice-pudding of the nursery dinner. Hot breads, stimulating food, ice-water, all looked upon with horror by the English mother, are not tabooed; and the child, as it grows older, has its own views, and follows them, as to eating, to which fact may be attributed much of the nervousness of the child and the invalidism of later life. It would be hard to find the household in America where a refusal to eat mutton or fat would be looked upon as a misdemeanour, or where a personal remark at the dinner-table would be considered worthy of reprimand. At the same time, the children of cultured parents in this country have to unlearn no vulgarities caught from servants; they have no nursery or kitchen habits to be broken when they join the family table, and if their parents are well conducted, they will naturally acquire the same manners by mere imitation. This is one factor, and an important one, in favour of American management. There are no two sides to the child's character—no company manners or drawing-room graces to be put on with the company dress. Everything is real and genuine, and, remembering this, it is easier to pardon a *brusquerie* which is not the result of deliberate intention and to overlook comments which are too freely outspoken to be universally polite.

MAY'S PINK POWDERS.

THE ONLY RELIABLE INFANTS' AND CHILDREN'S MEDICINE.

Box of 10 Powders for 13 Penny Stamps.

MAY & Co., 93, Queen's-road, Brighton. (See advt. front page.)

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Public School Teaching.—The present curriculum of the public schools takes little or no account of sex, and gives girls practically the same education as boys. I am aware that there is a large class of people who think this is a great recommendation. But in an education which had utility in view, the distinction of sex could not be ignored. Girls, in the normal order of things, are destined to become wives and mothers; and I, for my part, can see no objection to their recognizing this destiny, and being educated to discharge the duties of that noble vocation with the highest possible efficiency. That objectionable prudery which makes every allusion to future motherhood a tabooed subject between teacher and pupil, is responsible for a large fraction of the ills of society. I would have girls instructed in hygiene, the properties of food, the diet proper to infants, and, as far as possible, in all the practical branches which have the most direct bearing upon the life which they are to lead. It is of very small consequence whether they know decimal fractions and the boundaries or population of China; but it is of the utmost consequence that they should not waste the hard earned money of their future husbands by an unintelligent household *régime*, and it is also of much importance that they should know how to take care of their children, how to escape avoidable disease by a rational diet and regard for sanitary laws. I doubt if any one realizes the enormous waste of life and health which the ignorance of mothers entails upon society. A young mother, uninstructed in the subjects mentioned, is bound to experiment ruinously with her own health and that of her children, and gain experience at the cost of untold tears and suffering. Witnessing this common tragedy, I have not been able to restrain the reflection that we are lamentably failing in our duty to our girls, both rich and poor. We give them a stone instead of bread. We give them ornamental accomplishments, and we teach them to blush at the thought of the state for which God has destined them, instead of arming them with useful knowledge which would enable them to cope intelligently with the conditions they will surely encounter. What nobler office can the public schools fill than this? Even if the cost be doubled, the benefits accruing to the state from this kind of education would be many times multiplied. Instruction in the chemistry of cooking alone—a very simple and fascinating subject—would save the community, in the aggregate, ten times the amount of the increased taxation. Skill in the making of simple garments would save another item scarcely less considerable. The poor are wasteful from ignorance, and their ignorance in all practical subjects bearing upon their own lives is directly chargeable to our system of instruction. The young daughter of a working man who "graduates" from one of our high-schools to-day is about as ill-equipped for the business of the life which she is likely to lead as could well be imagined. She has learned just enough to become discontented with her lot; the studies she has pursued have insensibly produced a habit of thought which is and must be out of tune with her surroundings. She imagines herself too good to accept a well-paid position as a domestic servant, and aspires instead to become a teacher, an office assistant, or a saleswoman. The

competition for places of this kind is already so great that the wages have been depressed to a point where they scarcely suffice to furnish the mere necessaries of existence. The temptation is then great to increase the scanty revenue by illegitimate means; and I am told on good authority that the ranks of abandoned women in our great cities are largely recruited from these poor strugglers for an imaginary respectability.—*The Forum.*

How Laennec Discovered the Stethoscope.—"In 1816 I was consulted by a young woman labouring under general symptoms of diseased heart, and in whose case percussion and the application of the hand were of little avail on account of the great degree of fatness. The other method just mentioned—immediate auscultation—being rendered inadmissible by the age and sex of the patient, I happened to recollect a simple and well-known fact in acoustics, and fancied, at the same time, that it might be turned to some use on the present occasion. The fact I allude to is the augmented impression of sound when conveyed through certain solid bodies, as when we hear the scratch of a pin at one end of a piece of wood on applying our ear to the other. Immediately, on this suggestion, I rolled a quire of paper into a kind of cylinder, and applied one end of it to the region of the heart and the other to my ear, and was not a little surprised and pleased to find that I could thereby perceive the action of the heart in a manner much more clear and distinct than I had ever been able to do by the immediate application of the ear. From this moment I imagined that the circumstance might furnish means for enabling us to ascertain the character, not only of the action of the heart, but of every species of sound produced by the motion of all the thoracic viscera, and, consequently, for the exploration of the respiration, the voice, the rattle, and, perhaps, even the fluctuation of fluid extravasated in the pleura or pericardium. With this conviction, I forthwith commenced, at the Hospital Necker, a series of observations, which have been continued to the present time. The consequence is that I have been enabled to discover a set of new signs of diseases of the chest, for the most part certain, simple, and prominent, and calculated, perhaps, to render the diagnosis of the diseases of the lungs, heart, and pleura as decided and circumstantial as the indications furnished to the surgeon by the introduction of the finger or the sound in the complaints wherein these are used." The above are the sentences written by the man whose name stands at the head of this article, the illustrious Laennec, the discoverer of the process of mediate auscultation and the inventor of the stethoscope. They supply, in the briefest possible language, the history of the happy circumstance which led to the introduction of that knowing little instrument, the stethoscope, for medical investigation, into every consulting-room in the world where medicine is practised. "A wooden cylinder, a foot long, from eighteen to twenty lines in diameter, divisible in the middle of its length by a screw"—to render it conveniently portable—"pierced in the centre by a tube nine lines in circumference, but terminating at one end by a tunnel-like cavity, about an inch and a half in longitudinal dimension, and of nearly an equal extent in diameter at its large extremity, with a sort of plug, itself pierced in the middle by a canal three lines in diameter, to be occasionally inserted into this tunnel, by which it is rendered a simple cylinder." This is the description of the instrument used by M. Laennec, and to which he applied the now well-known name of "*Stethoscope*"; and this was the language in which the discovery of the stethoscope was brought before the medical profession of Great Britain on January 20th, 1820, on page 165 of the *London Medical and Physical Journal*, probably by Dr. Granville, F.R.S., at that time, and for two or three years later, the editor-in-chief of the one leading journal of medicine in this country.—*Asclepiad.*

Exhaustion from Rowing Contests.—Professor W. P. Trowbridge has discussed, in a paper read before the New York Academy of Sciences, the question "whether the excessive training for long-distance boat-races and the violent and long-continued muscular and nervous exertions incident to these contests do not in reality result in unnecessary and hurtful exhaustion during a race, and frequently in permanent injury to the contestants." Professor Trowbridge says, "The boat-race involves the action of all the muscles, those of the legs, arms, and shoulders, as well as of the back; and hence the demands on the heart and lungs are the greatest possible. The work which a rower performs in each minute of a four-mile race is easily calculated. The distance—21,120 feet—is traversed in about twenty-one minutes. The speed is, therefore, practically about 1,000 feet per minute. At this speed the resistance to the boat in the water is about 75 pounds. This resistance has been determined experimentally as well as theoretically in England, the average result being 75 pounds. The work per minute for eight men is therefore 75,000 foot-pounds, or 9,375 foot-pounds (4·2 foot-tons) for each man per minute. At the rate of 350 foot-tons in ten hours, the day-labourer performs work at the rate of only six-tenths of a foot-ton per minute. The rower in the boat-race, therefore, performs work each minute equivalent to the work of seven strong labourers, or at the rate of nearly one-third of a theoretical horse-power each minute during the race. The question now recurs: For how long should these extraordinary efforts be sustained? Four miles in distance and twenty-one minutes in time mark extreme limits of endurance according to all experience in boat-racing; and if races are practically decided at the end of the third mile, or whether they are so decided or not, the fourth mile is a test, not of skill and muscular strength, but of the hearts and lungs of the crews. This is rather serious business. Is it quite rational to make the ultimate endurance of these vital organs in a dozen young men a matter of sport and amusement? It is hardly to be expected that any boat-crew will initiate a movement to reduce the length of course from four miles to three; to use an appropriate expression, they 'would die first.' Such a movement might be looked upon as a confession of weakness; but when the suggestion comes from an outsider, it is made to all alike, and may at least be discussed with possible profit."

Sanitary Appliances, Etc.

DAHL'S CAKES FOR CHILDREN.

The success which has attended the use of Dahl's Dyspepsia Cakes as a cure for constipation in adults, has induced the makers to prepare a variety of these articles, named "Children's Bread." Certified by the late Dr. Milner Fothergill, and by Drs. Rabagliati, Bond, and McGavin, and by other eminent specialists, as being of the highest service in the relief, by natural means, of constipation and allied ailments, no words of ours are needed to supplement our former opinion of these "Cakes." They are a food and a medicine in one, are pleasant to take, and are effective in action. The "Children's Bread" may be given with butter or with milk. Every mother and nurse will regard them as simply invaluable.

COMMENCEMENT OF A NEW VOLUME ON FRIDAY, OCTOBER 6th.

IMPORTANT ANNOUNCEMENT.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor*.

PROPOSED FEVER CONVALESCENT HOME, EDINBURGH.—At a recent meeting of the Edinburgh Town Council, the Public Health Committee recommended the purchase of Campie House and grounds, comprising six acres, at Musselburgh, as a convalescent home for patients from the City Fever Hospital, at a cost of £2,700, which was considered a bargain for such a purpose. On the motion of Mr. James Pollard, who urged the importance and advantages of such a home, the recommendation was agreed to. Dr. Littlejohn, the medical officer of health, and the whole medical staff, highly approve of this municipal addition for the treatment of infectious diseases.

A MEDICAL DRAMATIST.

WE are informed that a play by Dr. G. H. Roqué Dabbs, of Shanklin, will be produced under the auspices of Mr. H. J. Leslie at a special *matinée* at the Prince of Wales's Theatre early in October. The title of the piece, which is said to deal somewhat largely with medical matters, is "Blackmail"—certainly a most ominous name in connection with our profession. We wish Dr. Dabbs all success in his new character, but we cannot refrain from expressing a hope that his play may not be founded on the surgical and pathological horrors which are so much in favour with a certain school of writers of fiction at present.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring

NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and over Forty Members of the Royal College of Physicians of London.

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Dr. VINES, Fellow of the Royal College of Physicians, writes 19th September, 1885: "Having used MR. PULVERMACHER'S BELTS for many years, in the course of medical practice, I am in a position to speak of their great value as a curative agent in cases of nervous disease or functional malady where Electricity is likely to be serviceable. I am entirely convinced of their efficacy."

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says: "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

Dr. GOLDING BIRD, M.D., Physician, Guy's Hospital, says: "I can hardly recommend MR. PULVERMACHER'S INVENTION too strongly to the notice of my medical brethren."

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replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

PHYSICIAN.—We know nothing whatever of the system of cure for stammering to which you allude.

CYGNET.—1. See and follow advice given to "C. Eage" in the present number. Either preparation is efficient. Messrs. Burroughs, Wellcome & Co., Snow-hill, London, E.C., are the makers of the tabloids; but you must order them through your druggist. 2. Try hot salt baths for your rheumatic pains, and apply a menthol plaster to the affected parts.

DRYFEMOUNT.—[You append no signature to your letter.]—Keep your hair short, if possible, for a time, and use the lotion recommended to "E. Clark" in the present number. Use a very soft brush only, and brush the hair night and morning. Wash once a week or ten days with Bayley's Spermaceti Soap and tepid water.

BILLY TAYLOR.—We should suggest your walking more leisurely on the occasion in question. Start earlier and take your walk very easily. Before starting, try the effect of taking a glass of milk and soda water mixed and a biscuit. This may cure you of the symptoms. Failing this, take a couple of Antipyrin Tabloids (Burroughs, Wellcome & Co.'s) when your headache comes on. Write again if not cured.

ZULU CHIEF.—It is not a matter of consequence at all. Choose the side you sleep most comfortably on, but don't lie on your back.

HELEN.—1. Nothing better in such a case than the Kepler Cod Oil with malt. 2. Boots of an easy make with inside cork soles are best. If made high, they will support the ankles.

FINGAL.—Wear a suspensory bandage regularly for a time, and apply a little belladonna extract to the part occasionally, or bathe with tepid water (night and morning) to which a little Hazeline has been added. Avoid all strains and sudden exertion, and also see that no constipation exists. To prevent the latter, try Dahl's Cakes (advertised in our pages).

GLAND.—Continue the tonic yet awhile, and try also a dessertspoonful of the Kepler Cod Oil and Malt after your food. A little stout or Bokŏl taken to dinner each day will assist you. Take no alcohol whatever at other times. Drink freely of Pitkeathly Water (advertised in our pages), and try the variety of that water with which lithia is combined. You should use the hair-lotion you were last advised to try.

A. H.—Take a dessertspoonful of Scott's Pure Cod Oil Emulsion after your meals thrice daily, and at bedtime, when your cold is present, inhale the vapour of a pint of hot water to which a teaspoonful of Friar's Balsam has been added. Clothe warmly and avoid chills. If not cured, write again.

WARWICK.—Cut the nail only in the centre, and thus, by favouring increased growth in the latter part, you will likely diminish the growth elsewhere. See a surgeon if it grows troublesome.

JAMES DOBSON.—At bedtime, each night, apply a little Lanolin to the inside of the nostril, and use a nose-douche of tepid water daily to which a little Condy's Fluid has been added. Try, also, change of air to a bracing seaside place for a time; and after your meals take a teaspoonful of Syrup of the Hypophosphite, twice daily, in a wineglass of water.

OMEGA.—1. Yes, it is one of the best tonics you can use: but no tonic should be taken continuously. 2. Cod liver oil can be taken, but it is better to take the tonic before and the oil after food. 3. Benger's Food.

HANDS.—1. Use Lanolin Cold Cream (Burroughs, Wellcome & Co.'s) each night to the hands. 2. Use the Friar's Balsam inhalation and cod liver oil as ordered to "A. H." in the present number.

A. GRACE.—Try the mouth-wash made by Mr. Burley, chemist, 137, George-street, Edinburgh, for teeth and gums.

GEORGE TAIT.—Read the article on "Blackheads" and how to treat them, in HEALTH, No. 199, to be had from the Publisher.

GIP.—Take two five-grain tabloids of Antipyrin (Burroughs, Wellcome & Co.'s) every three hours when your headache is present, until six tabloids have been taken.

CONSTANS.—1. Apply to the French Hygienic Society, 6, Conduit-street, London, W. 2. Continue the tonic, but a change of air would be likely to be of great benefit to you.

A YORKSHIRE SENSATION.

WE present the following story of personal experience, not because it is very rare, but because it illustrates the many thousands of similar experiences which are known to many people in every section of the country.

PENBANK, ALTOFTS.—Five years ago this last August I met with a serious accident in a collision between a falling bridge and a vessel on which I was working. I was so badly hurt that I had to go to the Leeds Infirmary and undergo an operation, which gave me temporary relief. I went to my usual work, but soon found that I had not received the relief I had expected. I suffered an intense pain across the loins and back, and thought at one time that I would surely die. I applied to the physicians, but could get no medicines that would give me the slightest relief. I also found that my urine contained bloody matter, and this in itself showed me that my case was a desperate one. I lost flesh so rapidly as to almost become a skeleton, and was unable to do the slightest work; in fact, I was completely prostrated and distracted in mind, not being able to get any sleep except by getting up into a chair. I read an account of Warner's SAFE Cure in the *Wakefield Express*, and also received a pamphlet from Mr. Wilkinson, chemist, at Normanton. I resolved to give the medicine a trial, and began by taking one bottle, which I used by taking three doses a day. It began to dispel the bloating, which before was so great as to prevent my getting into a stooping position to lace my boots. I persevered in the use of the SAFE Cure until I had taken twelve bottles, with five bottles of the SAFE Pills, and can tell you honestly that I believe that it is the only medicine which has given me any relief. I have recommended both the SAFE Cure and SAFE Pills to several friends, and I find, from conversation with the father of one of them, a Mr. James Walker, who, like myself, is a vessel man, that his daughter has been greatly benefited by its use. I have recommended it to a young man who suffered from pains in the back and loins, and he has told me that after taking two bottles of Warner's SAFE Cure he was greatly benefited from its use. I shall continue to use the medicine when at any time I suffer from the slightest attack of kidney complaint, as I believe in its curing properties. (Signed) JOSEPH NORDEN.

5 & 6, COMMERCIAL BUILDINGS, NORMANTON.—I am personally acquainted with Mr. Joseph Norden, and can certify to the above statements, as he purchased Warner's SAFE Cure at our establishment. (Signed) W. H. WILKINSON.

Warner's SAFE Cure which cured Mr. Norden can be procured of all chemists throughout the world at 4s. 6d. per bottle, or direct of H. H. Warner & Co., 86, Clerkenwell-road, London, E.C.

G. RAMSBOTHAM.—If you are ever in London you should consult a good physician. We can send you address of such, if desired, on receipt of stamped addressed envelope.

COCHIN CHINA. — Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and note what is said regarding the use of tonics therein.

NUX.—Depilatories simply destroy hairs temporarily, but do not affect the roots. We can send you address of a specialist who removes hairs by electricity (the only reliable and painless means) on receipt of stamped addressed envelope.

C. EAGE. — Take Cascara Cordial in twenty-drop doses, taken in water once or twice daily, between meals, or take two Cascara Tabloids. Follow up this remedy, and render its effects permanent by the use of a diet largely vegetable in its nature—such as Grant's Oat Flour, stewed fruits, prunes and apples, vegetables, &c. Take Dahl's Cakes regularly as part of the treatment.

MAKESHIFT.—The following is the recipe you mean for the cure of toothache:—Cocaine hydrochlorate, sixteen grains; powdered opium, sixty-four grains; menthol, sixteen grains; althæa, powdered, forty-eight grains; mucilage of acacia, nine grains. Make into one half-grain pills and keep in a well-stoppered bottle. For use, one of these is to be inserted in the hollow tooth.

B. ALEXANDER.—We recommend you to take a couple of Cascara Tabloids (Burroughs, Wellcome & Co.'s)—to be had of any good druggist—or twenty drops of Cascara Cordial at bedtime. In addition, limit your butcher-meat, and take less tea and coffee, substituting therefor Scott's Midlothian Oat Flour. By attention to these rules you will probably overcome your ailment.

ARTHUR R.—Wash the parts regularly with Bayley's Spermaceti Soap, and dust thereon afterwards Woolley's Sanitary Rose Powder.

A. PRINCE.—A vegetable dietary—stewed fruits, apples or oranges, &c., and wholemeal bread, with Scott's Midlothian Oat Flour for supper and breakfast—will suit you. Avoid tea and coffee, and take Cascara Cordial, twenty drops in water, between meals, once or twice daily. Dahl's Cakes are also to be used.

YAK.—If acidity is present, try the following: Subnitrate of bismuth, six grains; carbonate of magnesia, ten grains; powdered gum arabic, twenty grains. Mix to form a powder. Stir in a cup of boiled milk, and, when cool, stir up again before being swallowed. To be taken twice daily, after food.

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52, OXFORD ST., LONDON, W. (*Corner of Rathbone Place.*)
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A. K.—Take the following: Chloride of ammonium, two drachms; spirits of chloroform, one drachm; simple syrup, three drachms; water, to make up six ounces. A tablespoonful to be taken in water every four hours.

J. B. B.—Drink Pitkeathly Water regularly for a time, and avoid alcohol.

C. E.—Bayley's Soap, 17, Cockspur-street, Pall-mall, S.W.

GEORGE ANDREWS.—1. Give Henderson's Perfect Food Biscuits a trial, and use the Wheatena Biscuits. 2. The drug is dangerous in non-medical hands. Do not use it.

A. LILLESPRE.—In your case of hair-weakness, use the following lotion: Solution of ammonia, half an ounce; tincture of cantharides, half an ounce; eau de Cologne, one ounce; water, to eight ounces. Mix. Rub into the roots morning and night with a soft sponge.

C. R. G.—Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C., are the makers. All druggists who are up to the times sell Fairchild's Peptonizing Powders.

FIXUS.—For the offensive breath and flatulence, we recommend you to take the following: Carbonate of bismuth, ten grains; wood charcoal, ten grains; bicarbonate of soda, five grains. Mix. One such powder to be taken thrice daily, half an hour before meals.

FILLE.—"The Ladies' Physician" (Cassell & Co.), or "Advice to a Wife," by Chavasse (Churchill), and his "Advice to a Mother," are books which should suit you.

P. E. A.—Give the child Mellin's Food only. As a proper infant dietary it will prevent any tendency to ailment.

N. A.—To make a suitable ointment for your case try the following: Gall and opium ointment, to be had at any druggist's; or acid tannic, twenty grains; bismuth subnit., one drachm; pulv. opii., ten grains; paraffin mollis., one ounce.

G. L.—The following is a good cough mixture: Chlorodyne, one drachm; ipecacuanha wine, one drachm; syrup of squills, one drachm; glycerine to make up two ounces. Label: "A teaspoonful in a little water at intervals."

MENTUS.—Drink Pitkeathly Water regularly, and avoid much flesh food. Take fifteen drops Fer Bravais, in water, after your meals, thrice daily.

MAX.—Our best advice to you is that you should purchase the pamphlet, "A Lecture to Young Men" (post free, 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and study carefully what is said therein regarding rules for health, diet, and the use of tonics.

GEORGE SANT. — Messrs. Burroughs, Wellcome & Co. are the wholesale makers; so you must apply to any good druggist, who will procure the Tabloids for you.

SANTANDER.—Wash the skin regularly with Bayley's Spermaceti Soap and tepid water. If the skin itches, apply a little of the following lotion: Glycerine, an ounce and a half: bicarbonate of soda, one drachm. Mix. Label: "The lotion—to be used as directed."

E. CLARK.—Use for your hair the following lotion:—Carbolic acid, half a drachm; tincture of nux vomica, two drachms; tincture of cantharides, B.P., two drachms; tincture of cinchona, one ounce; eau de Cologne and cocoa-nut oil, of each a sufficiency to make up four ounces. Mix. To be well rubbed into the roots of the hair with a soft sponge once or twice a day.

INSTITUTE.—If the irritation is caused by thread or small worms, try an injection of cold tea, or one of infusion of quassia, daily. If these fail, you might try half an ounce of tincture of the perchloride of iron, dissolved in a pint of water. If not cured, write again.

A PUZZLED SUFFERER.—What you suffer from is only a form of nervousness, and is not due to any organic defect. Read the pamphlet recommended to "Cochin China" in the present number of HEALTH, and note its directions regarding the use of cold sponging each morning and tonics. By following out these directions you will get quite well. Write again, however, if necessary.

F. E MARTIN.—The person you name is an American quack, and unless you wish to be robbed of health and money you had better avoid him. Your only wise plan is to consult a thoroughly competent London surgeon, and we shall send you address of such if you forward stamped addressed envelope. This advice, if followed, will save you much future anxiety and pain.

PATCH FACE. — Shave your whiskers rigidly for some weeks, and at night rub into the skin some Lanolin Cold Cream (Burroughs, Wellcome & Co.'s). If this fails, write again, and we will advise you further.

E. G. C.—See article on "Glycerine and its use in Constipation," in the present number of HEALTH.

35.—Begin your treatment by adopting the diet and other instructions given to "C. Eage," in the present number. Your digestion is evidently out of order, and you require such treatment as that we have indicated first of all.

PANDORA.—Either form will suit you. The tabloids are the most pleasant to take. Order from your druggist. The makers are Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C. If flatulence is present, take five drops of Pure Terebene on a piece of sugar after meals.

JAMES FOWLER.—Try the lotion recommended to "E. Clark," in the present number. Keep the hair very short, and wash it with Bayley's Spermaceti Soap (17, Cockspur-street Pall-mall, London, S.W.) and tepid water once a week.

A TAILOR.—See that your digestion is in good order—if not, note advice given to "B. Alexander," in the present number; and for the rest, follow directions given to "A. H." in the present issue.

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A liquid preparation of the phosphates, recommended by physicians for
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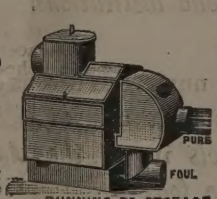

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